Helpful websites

General pandemic flu information:

- 1.World Health Organization http://www.who.int/csr/disease/influenz a/pandemic/en/
- 2.US federal government http://www.pandemicflu.gov/
- 3. American Red Cross Disaster Preparedness for People with Disabilities and Other Special Needs: http://www.redcross.org/services/disaster/0,1082,0_603_,00.html

Pandemic influenza information in multiple languages:

- 1. US Center for Disease Control and Prevention http://www.cdc.gov/flu/avian/
- 2. United Kingdom Department of Health, Family oriented pandemic flu information in 21 different languages: http://www.dh.gov.uk/PublicationsAndSt atistics/Publications/PublicationsPolicyAn dGuidance/PublicationsPolicyAndGuida nceArticle/fs/en?CONTENT_ID=4121631& chk=vR4A92
- 3. National Defense University, Center for Technology and National Security Policy, Bird Flu and You poster http://www.ndu.edu/ctnsp/Bird_flu.htm

Pandemic Flu Emergency Supplies Checklist

- Drinking water for 10 days (1 gallon per person per day)
- Canned juice
- Ready to eat canned food



- Jars of baby food
- Baby formula
- Pet food
- Prescription medication

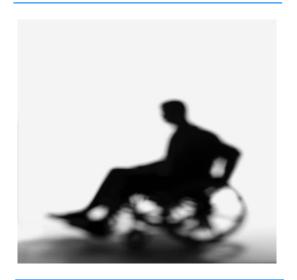


- Portable radio and extra batteries
- Flashlights and extra batteries
- Toiletry supplies



- Garbage bags
- Soap and alcohol based hand cleaner
- Books, DVDs, videos and cards for entertainment
- Small First Aid Kit

Pandemic Influenza



Employees With Special Needs and/or Disabilities

Things to consider

- Businesses should take into consideration employees with special needs and/or disabilities when planning for pandemic preparedness.
- Examples of disabled employees and employees with special needs include:
 - ⇒Employees with physical disabilities. These employees may need help getting food and other essential day to day supplies during a pandemic especially if supplies were limited and local stores were closed.
 - ⇒Employees with mental disabilities. These employees may have trouble understanding the seriousness of a pandemic and/or preparing for a flu pandemic for themselves.
 - ⇒Employees with limited English language skills. Without language appropriate education, these employees may have trouble understanding what a pandemic flu is and why it is important to be prepared for one.
 - ⇒Employees with chronic health conditions.

 Many business may be closed and routine health care may be difficult to acquire during a pandemic. These employees may need to make special arrangements for their health care.
 - ⇒Low income employees. These employees may need help putting together a family emergency preparedness kit and getting food and other essential supplies before & during a pandemic.



What you can do

- Help employees find information on how to prepare for emergencies if they are physically disabled.
- The American Red Cross
 maintains an excellent website
 on preparing for disasters for
 people with disabilities.
- See links to the American Red Cross
 website on the back of this brochure.
- 2. Contact families of employees with disabilities and educate them about the importance of preparing for an emergency such as a flu pandemic, and where to locate pandemic flu resources.
- 3. Develop a buddy system at work for employees with disabilities. During a pandemic, make sure someone checks in with a disabled employee to make sure that he/she is informed of the latest situation.
- 4. Remind employees with chronic health conditions to do the following:
 - Make sure they have at least 7 days supply of medications that they depend on.
- Make sure they ask their doctors for extra prescriptions.

- 5. Help employees with limited English language skills find educational materials on pandemic flu in their native languages.
 - A number of websites exist with information on the topics of pandemic flu and emergency preparations. See back of brochures for links.
- 6. Help low income employees and their families locate resources to help them prepare for an emergency.
- 7. Make sure your company keeps updated emergency contact information for all your employees.
- 8. Educate all employees about personal hygiene and the importance of social distancing (staying home when sick) to minimize the spread of disease.
- 9. Encourage all employees to prepare an emergency supplies kit at home. See the back of this brochure for a list of supplies.

